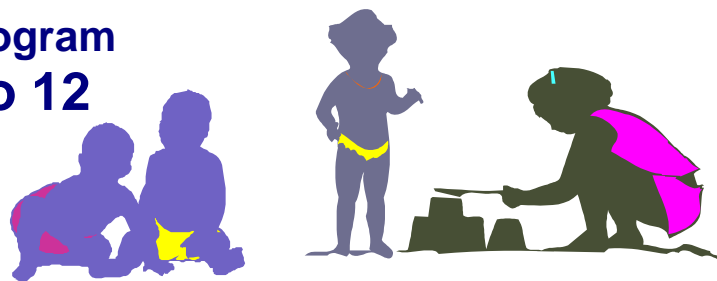


# Iowa Child and Adult Care Food Program

## Foods for Children Ages 1 to 12



	Ages 1-2	Ages 3-5	Ages 6-12
<b>BREAKFAST</b>			
Milk	½ cup	¾ cup	1 cup
Juice or Fruit or Vegetable <sup>1</sup>	¼ cup	½ cup	½ cup
Grains and Bread <sup>2</sup>	½ serving/slice	½ serving/slice	1 serving/slice
Including cereal, cold dry or cooked cereal	¼ cup*	1/3 cup**	¾ cup***
	¼ cup	¼ cup	½ cup
<b>SNACK</b> (Select 2 out of the 4)			
Milk	½ cup	½ cup	1 cup
Juice or Fruit or Vegetable <sup>1</sup>	½ cup	½ cup	¾ cup
Meat or Meat Alternate <sup>3</sup>	½ ounce	½ ounce	1 ounce
Grains or Bread or Alternate <sup>2</sup>	½ serving/slice	½ serving/slice	1 serving/slice
or cereal, cold dry or cooked cereal, rice, pasta	¼ cup*	1/3 cup**	¾ cup***
	¼ cup	¼ cup	½ cup
<b>LUNCH OR SUPPER</b>			
Milk	½ cup	¾ cup	1 cup
Meat or Poultry or Fish or egg	1 ounce	1 ½ ounces	2 ounces
or cheese	1	1	1
or cheese food, cheese spread or yogurt	1 ounce	1 ½ ounces	2 ounces
or cottage cheese	2 ounces	3 ounces	4 ounces
or cooked dry beans/peas	½ cup	¾ cup	1 cup
or peanut butter	¼ cup	3/8 cup	½ cup
or nuts and/or seeds <sup>4</sup>	¼ cup	3/8 cup	½ cup
2 Vegetables and/or fruits to total <sup>1</sup>	2 Tbsp.	3 Tbsp.	4 Tbsp.
Grains or Bread or Alternate <sup>2</sup>	Not recommended	Not recommended	1 ounce
cooked rice, noodles or pasta	¼ cup	½ cup	¾ cup
	½ serving/slice	½ serving/slice	1 serving/slice
	¼ cup	¼ cup	½ cup

<sup>1</sup> Juices must be at least 50% juice.

<sup>2</sup> Use whole grain, enriched or fortified breads, cereals, or pasta. See the Handy Creditable Foods List for amounts.

<sup>3</sup> May include any of the meat alternates listed under "lunch." Recalculate the appropriate amount for snack.

<sup>4</sup> Caution, children under 5 should not be served nuts. Older children may have up to 1 ounce of nuts or seeds at any one meal.

\*1/4 C or 1/3 oz, whichever is less.

\*\*1/3 C or ½ oz, whichever is less.

\*\*\*3/4 C or 1 oz, whichever is less.